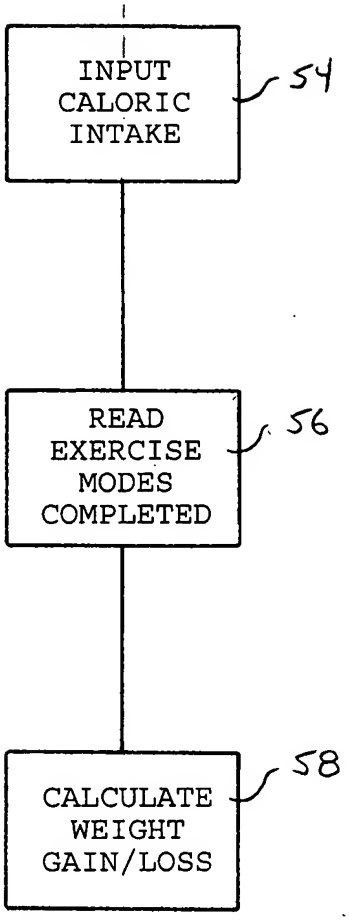
INPUT CALORIC INTAKE
54
READ EXERCISE MODES COMPLETED
56
CALCULATE WEIGHT GAIN/LOSS
58

FIG. 4

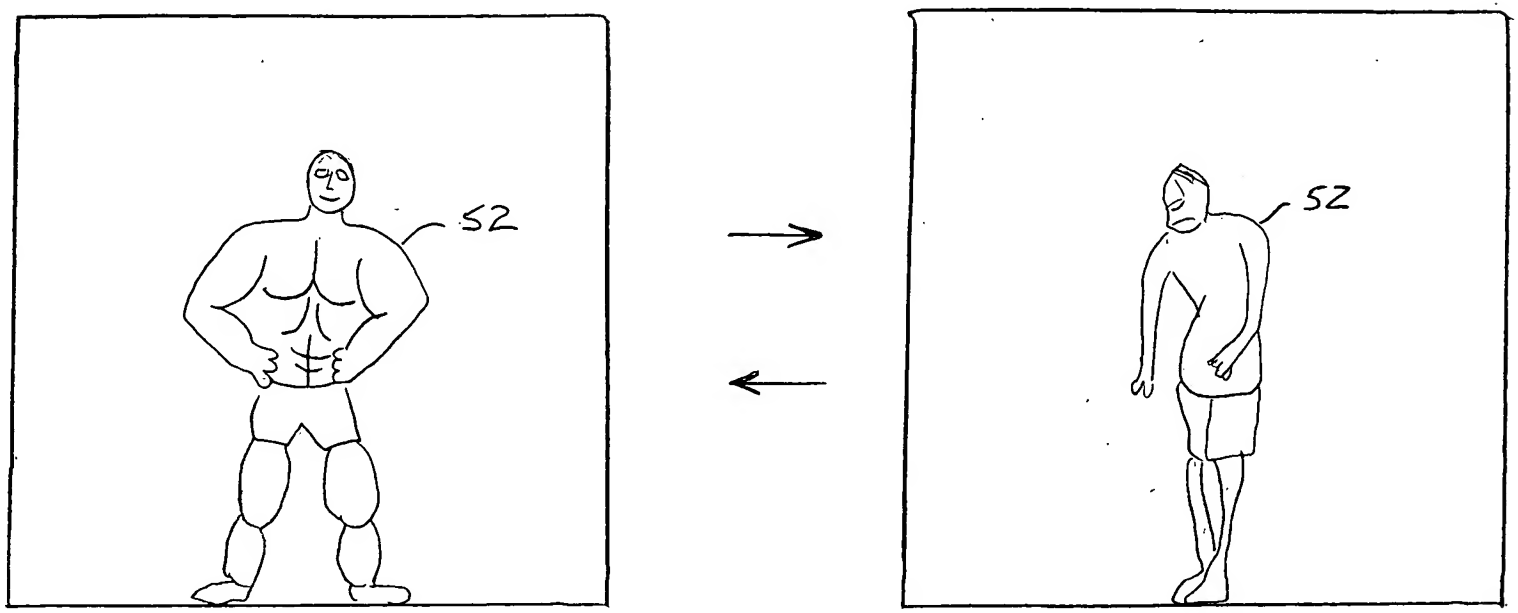

FIG. 3

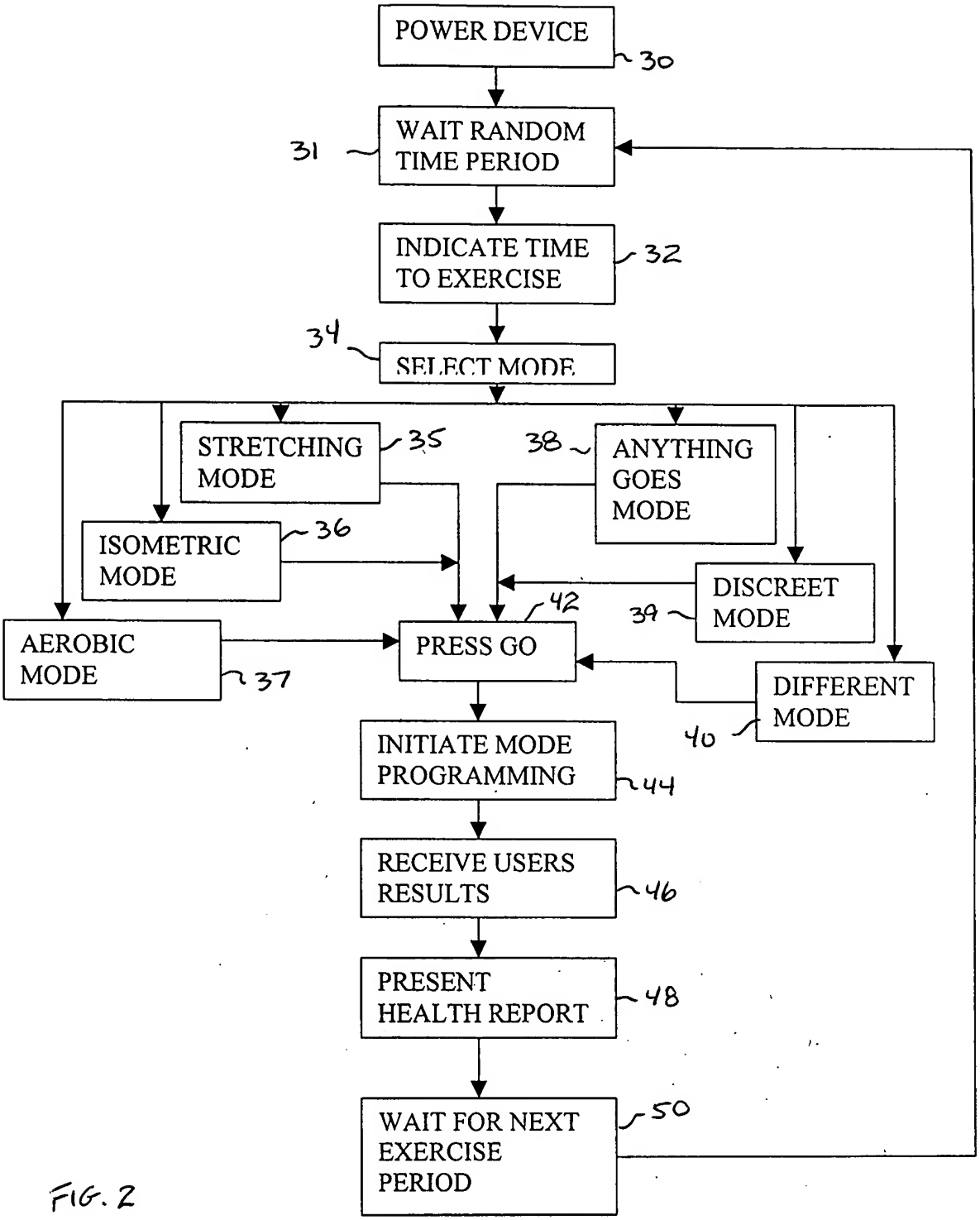
POWER DEVICE
30
WAIT RANDOM TIME PERIOD
31
INDICATE TIME TO EXERCISE
32
34
SELECT MODE
STRETCHING MODE
35
38
ANYTHING GOES MODE
ISOMETRIC MODE
36
DISCREET MODE
39
42
AEROBIC MODE
37
PRESS GO
DIFFERENT MODE
40
INITIATE MODE PROGRAMMING
44
RECEIVE USERS RESULTS
46
PRESENT HEALTH REPORT
48
WAIT FOR NEXT EXERCISE PERIOD
50

FIG. 2

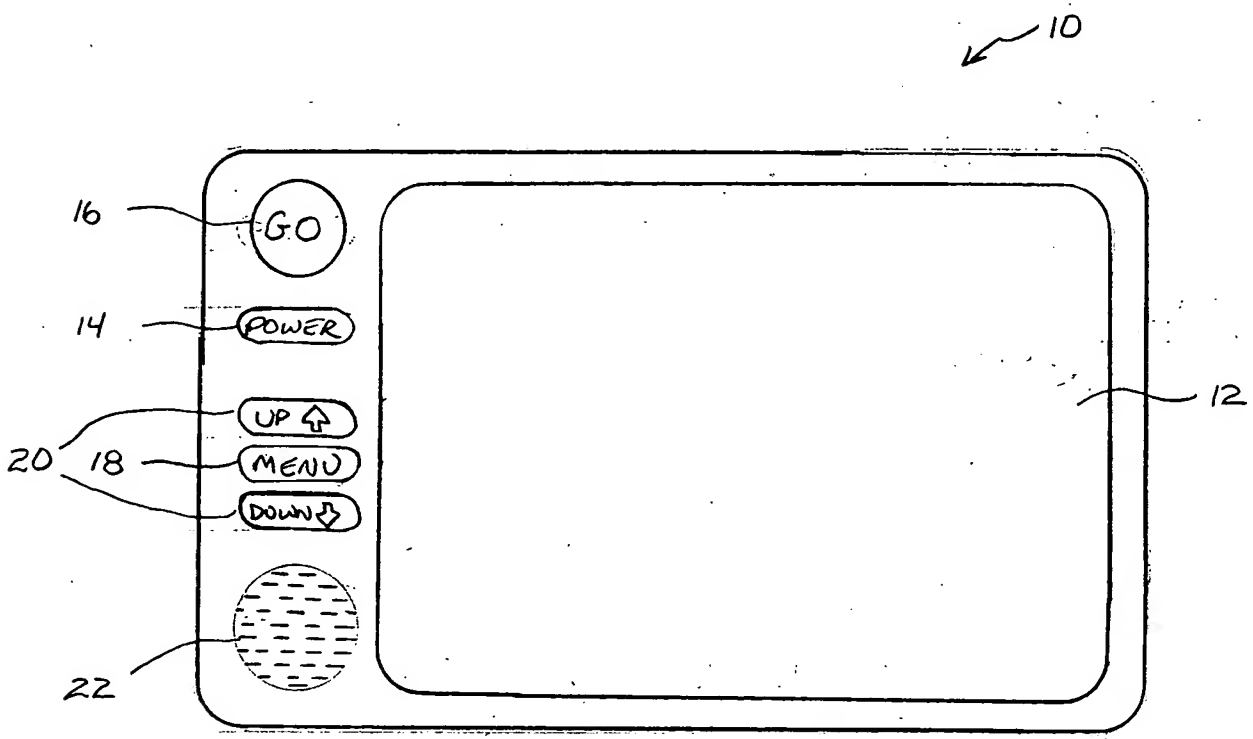

FIG. 1